

Adult & Youth 11+ years

ADULT BEGINNER LESSONS (AGES 13+)

This course teaches beginners water adjustment, safety, and basic swimming skills. Advanced adults are instructed on improving and developing their swimming abilities through stroke techniques and endurance training. There are no prerequisites.

MONDAY APRIL 1 - JUNE 3 (NO CLASS 4/15, 5/27) \$167 MEMBERS \$249 NON-MEMBERS 8 CLASSES	TUESDAY APRIL 2 - JUNE 4 (NO CLASS 4/16) \$188 MEMBERS \$280 NON-MEMBERS 9 CLASSES	THURSDAY APRIL 4 - JUNE 6 (NO CLASS 4/11, 4/18) \$167 MEMBERS \$249 NON-MEMBERS 8 CLASSES
9:45-10:30 am	6:35-7:20 pm	6:50-7:35 pm

YOUTH SWIM ENDURANCE (AGES 11-18)

This program is perfect if you are training to be a lifeguard, practicing for a swim team or adding to your fitness routine.

MONDAY APRIL 1 - JUNE 3 (NO CLASS 4/15, 5/27) \$167 MEMBERS \$249 NON-MEMBERS 8 CLASSES	WEDNESDAY APRIL 3 - JUNE 5 (NO CLASS 4/17) \$188 MEMBERS \$280 NON-MEMBERS 9 CLASSES	SATURDAY APRIL 6 - JUNE 8 (NO CLASS 4/13, 4/20, 5/25) \$147 MEMBERS \$218 NON-MEMBERS 7 CLASSES
5:25-6:10 pm	4:50-5:35 pm	11:35-12:20 pm

ADULT SWIM ENDURANCE (AGES 18+)

This program is for people looking to increase their strength and endurance. It's perfect for a triathlete in training.

TUESDAY APRIL 2 - JUNE 4 (NO CLASS 4/16) \$188 MEMBERS , \$280 NON-MEMBERS (9 CLASSES)	THURSDAY APRIL 4 - JUNE 6 (NO CLASS 4/11, 4/18) \$167 MEMBERS , \$249 NON-MEMBERS (8 CLASSES)
7:25-8:10 pm	6:00-6:45 pm

Policies & Procedures

How To Register: In person at the Recreation Center, online or over the phone (phone registration is not available on March 19 and March 26).

Waitlist: Waitlist requests are filled on a first come, first served basis with priority given to waitlisted students who have not registered for another lesson. Please note that your waitlist reservation is for the level requested and not a specific day/time.

Transfer Requests: All transfer requests are subject to approval by the Aquatics staff and must be requested and processed by the end of the first week of lessons.

Refund Policy: Member discounts are applied only if qualifying membership is current and valid AT TIME OF REGISTRATION. No retroactive discounts will be applied should program registrant eventually obtain a membership. Programs are only refundable up to one week prior to session date and are subject to administrative approval. Medical absences (verified by a physician's note) will be refunded on a prorated basis. An administrative fee of \$25 will be assessed to any refund honored.

Age: Participants must turn the minimum age required for the lesson level by June 8, 2024.

Closures: Please be advised that the pool may be closed for your safety, due to weather or maintenance. We make every effort to make up classes affected by weather/maintenance closures. There are no refunds due to weather or maintenance issues.



ridgefieldparksandrec.org 203.431.2755



Updated
3/25/24

Spring Swim Lessons

AMERICAN RED CROSS PROGRAMS

Registration Dates:

Members: March 19 at 8:00 am

Non-Members: March 26 at 8:00 am

Session: April 1 - June 8

Parent & Child Aquatics (PACA) 6-48 months

This course helps young children develop a high comfort level in and around the water, fostering a readiness to swim using children's songs and games.

This course does not teach children to be accomplished swimmers or to survive in the water. All children must wear swim diapers and plastic or nylon tight fitting pants under their bathing suit. Children must be registered in the appropriate age group and parent must accompany child in the pool.

PACA	MONDAY APRIL 1 - JUNE 3 (NO CLASS 4/15, 5/27) \$167 MEMBERS \$249 NON-MEMBERS 8 CLASSES	SATURDAY APRIL 6 - JUNE 8 (NO CLASS 4/13, 4/20, 5/25) \$147 MEMBERS \$218 NON-MEMBERS 7 CLASSES
Level 1: 6-20 months		9:15-9:45 am 11:00-11:30 am
Level 2: 21-48 months	11:10-11:40 am	9:50-10:20 am 10:25-10:55 am

Preschool Aquatics 4-5 years

LEVEL 1: INTRODUCTION TO WATER SKILLS, PURPOSE: FAMILIARIZE CHILDREN TO THE AQUATIC ENVIRONMENT

<u>MONDAY</u> APRIL 1 - JUNE 3 (NO CLASS 4/15, 5/27)	<u>TUESDAY</u> APRIL 2 - JUNE 4 (NO CLASS 4/16)	<u>THURSDAY</u> APRIL 4- JUNE 6 (NO CLASS 4/11, 4/18)	<u>FRIDAY</u> APRIL 5- JUNE 7 (NO CLASS 4/12, 4/19)	<u>SATURDAY</u> APRIL 6- JUNE 8 (NO CLASS 4/13, 4/20, 5/25)
\$167 MEMBERS \$249 NON-MEMBERS	\$188 MEMBERS \$280 NON-MEMBERS	\$167 MEMBERS \$249 NON-MEMBERS	\$167 MEMBERS \$249 NON-MEMBERS	\$147 MEMBERS \$218 NON-MEMBERS
8 CLASSES	9 CLASSES	8 CLASSES	8 CLASSES	7 CLASSES
1:00-1:30 pm	10:20-10:50 am	10:55-11:25 am	1:35-2:05 pm	10:10-10:40 am

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS, PURPOSE: BUILD ON WATER COMFORT TO EXPLORE AND BUILD ON INDEPENDENT MOVEMENT.

<u>MONDAY</u> APRIL 1 - JUNE 3 (NO CLASS 4/15, 5/27)	<u>TUESDAY</u> APRIL 2 - JUNE 4 (NO CLASS 4/16)	<u>THURSDAY</u> APRIL 4- JUNE 6 (NO CLASS 4/11, 4/18)	<u>FRIDAY</u> APRIL 5- JUNE 7 (NO CLASS 4/12, 4/19)	<u>SATURDAY</u> APRIL 6- JUNE 8 (NO CLASS 4/13, 4/20, 5/25)
\$167 MEMBERS \$249 NON-MEMBERS	\$188 MEMBERS \$280 NON-MEMBERS	\$167 MEMBERS \$249 NON-MEMBERS	\$167 MEMBERS \$249 NON-MEMBERS	\$147 MEMBERS \$218 NON-MEMBERS
8 CLASSES	9 CLASSES	8 CLASSES	8 CLASSES	7 CLASSES
4:15-4:45 pm	4:50-5:20 pm	1:35-2:05 pm	10:20-10:50 am	11:35-12:05 pm

LEVEL 3: STROKE DEVELOPMENT, PURPOSE: BUILD ON THE SKILLS IN LEVEL 2 BY PROVIDING ADDITIONAL GUIDED PRACTICE.

<u>TUESDAY</u> APRIL 2 - JUNE 4 (NO CLASS 4/16)	<u>WEDNESDAY</u> APRIL 3 - JUNE 5 (NO CLASS 4/17)	<u>THURSDAY</u> APRIL 4- JUNE 6 (NO CLASS 4/11, 4/18)	<u>FRIDAY</u> APRIL 5- JUNE 7 (NO CLASS 4/12, 4/19)
\$188 MEMBERS \$280 NON-MEMBERS	\$188 MEMBERS \$280 NON-MEMBERS	\$167 MEMBERS \$249 NON-MEMBERS	\$167 MEMBERS \$249 NON-MEMBERS
9 CLASSES	9 CLASSES	8 CLASSES	8 CLASSES
4:15-4:45 pm	4:15-4:45 pm	6:00-6:30 pm	5:25-5:55 pm

Learn to Swim 6-12 years

LEVEL 1: INTRODUCTION TO WATER SKILLS, PURPOSE: HELP STUDENTS FEEL COMFORTABLE IN THE WATER.

<u>TUESDAY</u> APRIL 2 - JUNE 4 (NO CLASS 4/16)
\$188 MEMBERS \$280 NON-MEMBERS
9 CLASSES
6:00-6:30 pm

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS, PURPOSE: GIVE STUDENTS SUCCESS WITH FUNDAMENTAL SKILLS.

<u>THURSDAY</u> APRIL 4- JUNE 6 (NO CLASS 4/11, 4/18)	<u>FRIDAY</u> APRIL 5- JUNE 7 (NO CLASS 4/12, 4/19)	<u>SATURDAY</u> APRIL 6- JUNE 8 (NO CLASS 4/13, 4/20, 5/25)
\$167 MEMBERS \$249 NON-MEMBERS	\$167 MEMBERS \$249 NON-MEMBERS	\$147 MEMBERS \$218 NON-MEMBERS
8 CLASSES	8 CLASSES	7 CLASSES
6:00-6:30 pm	4:15-4:45 pm	9:00-9:30 am

LEVEL 3: STROKE DEVELOPMENT, PURPOSE: BUILDS ON THE SKILLS IN LEVEL 2 BY PROVIDING ADDITIONAL GUIDED PRACTICE.

<u>WEDNESDAY</u> APRIL 3 - JUNE 5 (NO CLASS 4/17)	<u>FRIDAY</u> APRIL 5- JUNE 7 (NO CLASS 4/12, 4/19)	<u>SATURDAY</u> APRIL 6- JUNE 8 (NO CLASS 4/13, 4/20, 5/25)
\$188 MEMBERS \$280 NON-MEMBERS	\$167 MEMBERS \$249 NON-MEMBERS	\$147 MEMBERS \$218 NON-MEMBERS
9 CLASSES	8 CLASSES	7 CLASSES
4:15-4:45 pm	6:00-6:30 pm	9:35-10:05 am

LEVEL 4: STROKE IMPROVEMENT, PURPOSE: DEVELOPS CONFIDENCE IN THE STROKES LEARNED AND IMPROVE OTHER AQUATIC SKILLS.

<u>TUESDAY</u> APRIL 2 - JUNE 4 (NO CLASS 4/16)	<u>SATURDAY</u> APRIL 6- JUNE 8 (NO CLASS 4/13, 4/20, 5/25)
\$188 MEMBERS \$280 NON-MEMBERS	\$147 MEMBERS \$218 NON-MEMBERS
9 CLASSES	7 CLASSES
4:50-5:35 pm	10:45-11:30 am

LEVEL 5: STROKE IMPROVEMENT, PURPOSE: PROVIDES FURTHER COORDINATION AND REFINEMENT OF STROKES.

<u>TUESDAY</u> APRIL 2 - JUNE 4 (NO CLASS 4/16)
\$188 MEMBERS , \$280 NON-MEMBERS (9 CLASSES)
5:40-6:25 pm